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MEMBER CDS

Ethan's Milagro / One With All

MIND FOOD® Ethan's Milagro

Voiced by Keli Adams

Relax into the Hemi-Sync® sounds and enter the *milagro* (miracle) healing park with a single breath. Become a human dolphin and follow the evocative imagery to swim and play in the electric blue, healing waters of the “peoplarium.” Refreshed and energized, you are then prepared to traverse the “fear forest” and meet and befriend your fears. At the final station—a majestic power pyramid—you will be guided to release all negativity and will return to C1 centered and fully restored.

HEART-SYNC® One With All

Laurie Monroe scripted this exercise for a special residential-trainer retreat on Roberts Mountain. The soothing pink-noise background perfectly complements Laurie's voice as she guides you into a deep meditation. Relax, let go, open to All That Is, and discover yourself as a truly limitless being.

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